



25 Days of Fitness December Challenge 2016

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|--|
| | | | | 1 Do a plank! Keep good form! Record how long you can hold it _____ | 2 Spend 15 minutes post workout doing stretches. Can you touch your toes? Y ____ N ____ | 3 Plan your meals for the following week. Did you? Y ____ N ____ |
| 4 Do 25 minutes of cardio. Your choice. Did it! Y ____ N ____ | 5 Dec 1 you did a plank – hold it 15 seconds longer than what was recorded! _____ Record time | 6 25 each Jumping jacks Squats Push-ups Crunches | 7 Check with your water intake. Aim for half your body weight in ounces! _____ ounces | 8 35 each Lunges Crunches Superman's Donkey kick's (each side!) | 9 Squats! And go low! No wussy squats! Do 60! How many did you do? _____ | 10 Plan your meals for the following week. Did you? Y ____ N ____ |
| 11 Do 5 minutes of meditation. Did You? Y ____ N ____ | 12 Dec 5 you did a plank – hold it 20 seconds longer than what was recorded! _____ Record time | 13 Check with your water intake. Aim for half your body weight in ounces! _____ ounces | 14 Push –ups! Record how many you can do with proper form! _____ | 15 Abs! 40 each! Ball Crunch Bicycle Crunch Russian Twists Reverse Crunch Completed! Y ____ N ____ | 16 Bridge Chest Press! 4 Sets 20 Reps Use a weight you feel comfortable with to complete with proper form. | 17 Plan your meals for the following week. Did you? Y ____ N ____ |
| 18 Check with your water intake. Aim for half your body weight in ounces! _____ ounces | 19 Dec 12 you did a plank – hold it 25 seconds longer than what was recorded! _____ Record time | 20 Take a Fitness Class Did you go? Y ____ N ____ | 21 50 each Jumping jacks Squats Push-ups Crunches | 22 Take a brisk walk at lunch today. Record how long you walked. _____ Minutes | 23 Write down three things you are grateful for. 1. 2. 3. | 24 Spend some time with loved ones and make memories. Write down a great memory you have. |
| 25 <i>You did it! Merry 25 days of Fitness!</i> | 26 Write down 3 fitness goals for 2017 | 27 Write down 3 things you will do differently in 2017 | 28 Start thinking about meal planning for the New Year. How will you incorporate that into your daily routine? | 29 Start a gratitude journal and write 3 things daily that you are grateful for. | 30 Set up an appointment with your health coach to get started on your new program. ROCK 2017! | 31 Write down 3 positive affirmations to begin your new journey to better health! |